

## Community Contacts

### **African Heritage Community**

Melody Hames  
Phone: 408.792.3941/ Cell:669-288-8469  
[Melody.Hames@hhs.sccgov.org](mailto:Melody.Hames@hhs.sccgov.org)

### **African Immigrant Community**

Afan Oromo, Amharic, Arabic, Somali, Tigrinya  
Mohamed Ali  
Phone: 408.792.2153/ Cell: 669-309-3325  
[Mohamed.Ali@hhs.sccgov.org](mailto:Mohamed.Ali@hhs.sccgov.org)

### **Chinese Community**, Cantonese, Mandarin

Peggy Cho  
Phone: 408.792.3916 / Cell:408-857-9710  
[Peggy.Cho@hhs.sccgov.org](mailto:Peggy.Cho@hhs.sccgov.org)

### **Filipino Community**, Tagalog (In Recruitment)

Suzanne Chiu, Program Manager  
Phone: 408-569-4857  
[Suzanne.Chiu@hhs.sccgov.org](mailto:Suzanne.Chiu@hhs.sccgov.org)

### **Latino Community**, Spanish (In Recruitment)

Suzanne Chiu, Program Manager  
Phone: 408-569-4857  
[Suzanne.Chiu@hhs.sccgov.org](mailto:Suzanne.Chiu@hhs.sccgov.org)

### **LGBTQ Community**

Jackson Roach  
Phone: (408) 841-4319  
[jroach@fcservices.org](mailto:jroach@fcservices.org)

### **Native Family Community**

Sharon Torres  
Phone: 408.792.3923 / Cell:669-309-3315  
[Sharon.Torres@hhs.sccgov.org](mailto:Sharon.Torres@hhs.sccgov.org)

### **Vietnamese Community**, Vietnamese

Michael "Niem" Sharpe  
Phone: 408.792.2167/ Cell:669-288-8473  
[Michael.Sharpe@hhs.sccgov.org](mailto:Michael.Sharpe@hhs.sccgov.org)

Santa Clara County Behavioral Health  
Services Department  
Cultural Community Wellness Program  
(CCWP)

Learning Partnership Division  
1075 E. Santa Clara Street, 2nd Floor  
San Jose, CA 95116

## About CCWP Services

All services and trainings are free. Please reach out to a community contact listed in this brochure to help you schedule a specific training to meet your needs. We are here to help because we know that the

**"Power of Community Heals!"**

## CCWP Activities

Mental Health Resources  
Trainings and Workshops  
Fun & Educational Cultural Events  
WRAP Support Groups  
Peer Support  
Volunteer program  
Advocacy

<https://bhsc.sccgov.org/CCWP>



WELLNESS • RECOVERY • RESILIENCE

Program Services funded by:  
Mental Health Services Act (MHSA)

[http://www.dhcs.ca.gov/services/mh/Pages/MH\\_Prop63.aspx](http://www.dhcs.ca.gov/services/mh/Pages/MH_Prop63.aspx)

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## CCWP Family Outreach and Engagement Program



***The Power of Community Heals***





Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Youth Mental Health First Aid is designed for adults who work with youth.

## Topics Covered

- Anxiety
- Depression
- Substance Use Disorders
- Psychosis
- Disruptive Behavior Disorders
- Eating Disorders



**QPR** stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

## QPR teaches:

- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to Question, Persuade and Refer someone who may be suicidal

*The QPR Institute offers comprehensive suicide prevention training programs, educational and clinical materials for the general public, professionals, and institutions.*

[www.qprinstitute.com](http://www.qprinstitute.com)



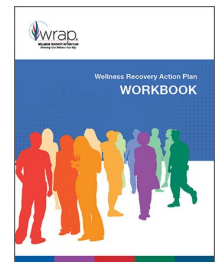
**WRAP® works!** WRAP is a self-designed plan for staying well and for helping you to feel better when you are not feeling well, to increase personal responsibility, and to improve your quality of life.

## WRAP Key Concepts

Hope ~ Personal Responsibility ~ Education  
Self-Advocacy ~ Support

## Elements of WRAP®:

- Wellness Toolbox
- Daily Plan
- Stressors and Action Plan
- Early Warning Signs and Action Plan
- When Things Are Breaking Down and Action Plan
- Crisis Plan
- Post Crisis Plan



[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)